

Texas Nutrition Environment Assessment for Restaurants (TxNEA-R) Tool Glossary

Branded Recognition Program - a program name or logo that is used to promote healthier menu options. e.g.: Por Vida, American Heart Association's Heart-Check

Dessert – sweetened foods typically eaten at the end of a meal such as, cookies, pies, cakes, ice cream, frozen yogurt, and sometimes eaten at breakfast, such as muffins, donuts, and other pastries.

Fast Food/Fast Casual - Has tables but does not have formal table service, or has limited table service of drinks and condiments.

Franchise – a food outlet whose brand, products, services, and operating system are provided by a franchisor, a person or company that grants the license to a third party for the conducting of a business under their marks¹

Fruit - fresh, canned, dried. Excludes drinks.²

Garnishes and condiments – vegetables, fruits, and cheeses that are served as a flavor enhancer to accompany the meal and are not a substantial proportion of the meal served, such as salsa on top of seafood or in a burrito.

Grains – includes bread, rice, pasta, tortillas, cereal, etc.

Less Healthy Foods - foods that include high-fat proteins or lean proteins, fruits and vegetables that are cooked with a less healthy cooking method, and grains that are not whole grains.

Healthier Beverages – unsweetened milk and no-calorie beverages that don't have added sweeteners, such as water, tea, black coffee, fruit and vegetable juices

Healthier Cooking Method - grilled, broiled, baked, steamed, poached, roasted, raw, sautéed, stewed, cooked in vegetable based sauce, or served raw (sushi meat or raw fruits and vegetables)

Healthier Foods - includes non-fried vegetables, fruit that is not a dessert, lean and non-fried proteins, whole grains, yogurt, nuts, nut butters, and avocado, and oil-based sauces.³

High-fat protein – beef (corned, ground, meatloaf, short ribs, tongue), hot dog, poultry with skin, pork (sausage, spareribs, bacon) and cheese (as a substantial part of the main course)

In-store - Prepared foods are served inside of another store whose primary purpose is not food service. These prepared foods may be prepared on site or delivered from off-site.

Lean protein - fish, shellfish, skinless poultry, beans, legumes, eggs, "loin," "round," pork chop, tofu, cottage cheese, organ meats, ham⁴.

Less Healthy Cooking Method - fried, breaded, crusted, sautéed in butter, cream or cheese, sugar added, buttered, tossed with a creamy dressing or sauce⁵.

¹ International Franchise Association, What is a Franchise, Retrieved from <http://www.franchise.org/what-is-a-franchise>

² U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2010, Retrieved from <http://www.health.gov/dietaryguidelines/>

³ Rimkus (2014) Development and Reliability Testing of a Fast-Food Observation Form

⁴ Academy of Nutrition and Dietetics, Nutrition Care Manual Products, Retrieved from <http://www.nutritioncaremanual.org/>

Table Service - Food is ordered at the table and wait staff brings the food.

Take-away - No indoor seating is available, and for the most part, food is not eaten on the premises but is taken elsewhere for later consumption. No table service, a few picnic tables or chairs may be available.

Substitutions - any changes that can be made to the entrée to exchange items or make modifications to the default items that come with the entrée. e.g., whole wheat bread can be substituted for white bread; vegetables can be modified to be cooked without butter.

Sugar Sweetened Beverages – liquids that are sweetened with various forms of sugars that add calories. These beverages include, but are not limited to, soda, fruit aides and fruit drinks such as 100% juice, and sports and energy drinks, sweet tea, lemonade, chocolate milk, coffee drinks sweetened with sugar, syrups and whipped cream, aguas frescas, smoothies, shakes.

Vegetable – includes both starchy (potatoes, green peas, corn) and non-starchy (tomato, peppers, onions, broccoli, mushroom, etc.) vegetables that are served raw or cooked. Includes marinara sauce, and beans and lentils that are not the main course.

Whole grains - whole-grain products and whole grains used as the primary ingredient. Includes: whole-wheat and whole grain breads, pastas, cereals and crackers, oatmeal, grits, corn tortillas and brown rice.⁶

⁵ U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2010, Retrieved from <http://www.health.gov/dietaryguidelines/>

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